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## The Iowa Homemaker vol.18, no.8

Marian Weinel  
*Iowa State College*

Lydia Cooley  
*Iowa State College*

Alvina Iverson  
*Iowa State College*

Jane Stallings  
*Iowa State College*

Ruth Dahlberg  
*Iowa State College*

*See next page for additional authors*

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### **Authors**

Marian Weinel, Lydia Cooley, Alvina Iverson, Jane Stallings, Ruth Dahlberg, Katherine Dodds, Virginia Schweiker, Marjorie Pettinger, Betty Davis, Ruth Howie, Ethel Overholt, Marian Gutz, Winnifred Cannon, Betty Feyder, Grace Strohmeier, and Margaret Thomas

THE IOWA

# HOMEMAKER



MARCH 1939



# THE IOWA HOMEMAKER

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## CONTENTS

Follow the Leaders . . . . .	1
by Marian Weinle	
Calling on a Kitchen . . . . .	2
by Lydia Cooley, '30	
We're Throwing Bouquets . . . . .	3
by Alvina Iverson	
Home Economics on the Air . . . . .	4
by Jane Stallings	
Food for Thought . . . . .	5
by Ruth Dahlberg	
Style for Everybody . . . . .	6
by Katherine Dodds	
Making Friends Under Ten . . . . .	7
by Virginia Schweiker	
What's New in Home Economics . . . . .	8, 9
Up-to-Date Dates . . . . .	10
by Betty Davis	
School Marm for Six Weeks . . . . .	11
by Ruth Howie	
Give Your Wardrobe Nine Lives . . . . .	12
by Ethel Overholt	
Spreads Via Ingenuity . . . . .	13
by Marian Gutz	
Behind Bright Jackets . . . . .	14
edited by Winnifred Cannon	
Textile Wise? . . . . .	14
by Betty Feyder	
Alums in the News . . . . .	15
by Grace Strohmeier	
Tables Don Fine Feathers . . . . .	16
by Margaret Thomas	
Keeping Posted . . . . .	17
by the editor	

*The March lamb on the cover, which was designed and cut by Helen Jane Klinger, A. A. Sr., promises many sunny days ahead.*

Illustrations courtesy National Livestock Meat Board (page 3); Successful Farming (page 5 lower left); duPont (pages 6 and 12); Household Finance Corporation (page 7); Mazola Salad Oil (pages 8 and 16); Westinghouse (page 10); Pillsbury (page 13).





*Our symbols of Home Economics: the building on our campus, the Home Economics faculty, and the great women who are nationally recognized as leaders in the field.*

## Follow the Leaders

by Marian Weinell

**I**F SOMEONE were to ask you who the prominent home economists are today, what would your answer be? We have some outstanding women on our own faculty whose work is well known. You could probably answer many questions about them and their achievements. But if the inquiry were made, could you answer that Helen Judy Bond is president of the American Home Economics Association or that Helen Atwater is editor of the *Journal of Home Economics*?

**A**NOTHER prominent home economist is Lita Bane who is now head of the Home Economics Department at the University of Illinois and until 1934 spent five years as associate editor of the *Ladies Home Journal*. As a high school student Lita Bane loved mathematics. When she came to enter college, her school principal suggested that she take "this new subject of home economics." The decision to follow his suggestion brought her into a stimulating contact with Isabel Bevier, who was then head of home economics at the University of Illinois. Her interesting career started with teaching in Omaha. In 1926 she was elected president of the American Home Economics Association. She is a member of Phi Upsilon Omicron, Omicron Nu and Kappa Delta Pi.

**H**ELEN JUDY BOND is an interesting person and a native Iowan. Mrs. Bond was awarded the Lydia Roberts Fellowship to Columbia University for two years. Here she completed her

work for her degree of doctor of philosophy. She is professor of household arts at Teachers College, Columbia University, and president of the American Home Economics Association. Canoeing and golf are her favorite recreations. Omicron Nu, Phi Beta Kappa and Kappa Delta Pi list her among their members.

**G**RACE ELIZABETH FRYSSINGER is another home economist whose history includes Iowa, for at one time she directed the department of home economics in Des Moines high schools. Not only has she studied in the United States, but at the School of Cookery in London and LeCordon Bleu in Paris, as well. Since the war she has been supervisor of homemaking education for rural women in the extension service of the United States Department of Agriculture.

**A**VA BERTHA MILAM has spent interesting years in China where she introduced and aided in establishing home economics in three leading universities there. At present she is dean and director of home economics of the Oregon State System of Higher Education. She contributes to professional home economics magazines and is the author of the book "Study of Student Homes in China."

**A**S EDITOR of the *Journal of Home Economics* since 1923, Helen W. Atwater has done much to keep it

abreast of all trends in home economics at home as well as abroad. Through her foresight the *Journal's* scientific and literary standards have been raised; new departments have been added, size and circulation have increased.

**T**HE same year that Helen Atwater became editor of the *Journal*, Louise Stanley was appointed chief of the Bureau of Home Economics. Her appointment was made when the Bureau was organized, and she was distinguished as the first woman to hold such an administrative position. Just as she had risen from instructor to chairman of the Home Economics Department at the University of Missouri, she exercised characteristic energy and vision in organizing new studies in foods, textiles and economic problems of the homemaker. Each year she has won increased financial support and strengthened the bureau. She was the first woman to work on the American Standardization Committee. As a delegate from the United States, Miss Stanley has gone to conferences in Belgium and Hawaii.

**A**BBY MARLATT, head of the Home Economics Department at Wisconsin University who was on the campus this winter to speak on Ellen H. Richard's Day, is recognized as an outstanding leader. There are many others, too. Some are noted for their work in research, some in education, some in government positions, some in commercial jobs, and many are contributing much as homemakers.



*Lydia Cooley, who was graduated in Foods and Nutrition, gives you the pleasure of*

## Calling on a Kitchen

**V**ARIETY, they say is the spice of life—and life in the Martha Logan Test Kitchen of Swift & Company is indeed well spiced with variety! Hams, poultry, roasts, steaks, fancy meats, cheese, butter, eggs, ice cream, shortening and soap, are all part of the days work.

The function of the Home Economics Division of Swift & Company is to interpret to the various departments the needs, wants and ideas of the woman buyer. In the Martha Logan Test Kitchen all new products are tested to determine cooking directions. By continually working with products in the regular line, we aim to keep items up to a high standard. As we see the need, we suggest modification or improvement of products. Packages and labels are checked to be sure they give helpful information to the housewife. Here too recipes and pictures used in consumer booklets, newspaper articles and national magazine ads originate.

Another feature is the development of new products. If there is anything new under the sun we want to be the first to discover it. Accepted ideas are then tried out in the production department and the results retested in the Martha Logan Kitchen.

In Chicago the staff includes three college home economics graduates who

by Lydia Cooley, '30

have had several years commercial home economics experience. Mrs. Beth Bailey McLean, M. S., well known to "Iowa Staters," heads the department and supervises all its activities. My work is confined to the Test Kitchen activities.

As you know hams, with the rest of the world, have gone modern and we had to get acquainted with them before introducing them to the consumer. That is part of my job—learning the qualities of old and improved products so that they can become the friends of the consumer. During the past year we have baked about 400 hams to give Mrs. Housewife the inside story of how to prepare and serve ham.

Fresh frosted drawn poultry, another modern trend in food industry, had to be worked with until we knew the best and simplest way to recommend its preparation and cookery. Three hundred chickens, ducks and turkeys came to our kitchen and were turned out as broiled, fried, roasted or stewed poultry. On all of our tests, whether the problem is method, flavor, eating quality or cooking shrink, we keep complete cooking data together with the history of the product tested.

Perhaps a glimpse into the activities of the Test Kitchen for a week will show you just how interesting and varied is the Test Kitchen work. While the tests do not always originate in the Test Kitchen, our cooperation and participation keeps us in close touch with the developments of other departments and gives us an opportunity to express the consumer point of view.

On Monday we were in quest of the answer to "How much does ageing beef affect the flavor and tenderness of rib steaks." So 48 rib steaks from carcasses aged for various periods of time were broiled. These were tested objectively and subjectively and records kept of the cooking shrink and the preference of 10 or 12 testers was recorded. The same day we roasted legs of lamb which had been frozen for several weeks to see what, if any, difference could be detected between fresh and frozen meat.

On Tuesday we made preparations for photographs which would be used later to illustrate newspaper articles. On this particular day photographs were made of fried chicken, half a ham baked and garnished, a work table showing the "makings" of ham salad, barbecued frankfurts, baked Daisy with lima beans, and a process picture of how to make bacon curls. Between times we tested the frying qualities of two sam-



ples of margarine and tested a recipe submitted for a cake.

Wednesday we compared the eating quality and cooking shrink of samples of veal—roasts and chops from Saniseal wrap veal and veal that had been wrapped in stockinette. Then there were comparative tests to be made of regular and seasoned poultry, roasted breast up and on the side and with and without stuffing.

Thursday we spent the day getting consumer reaction on a new product ready for the market. The consumers in this test were visitors who came along in the regular visitor's route, which passes our Test Kitchen. In this test, samples were prepared for tasting, the problem was explained to the visitors and they were asked to give us their opinion.

Friday we baked hams of different sizes to keep informed on time and temperature curves for the various sized hams. You see, no week is complete without cooking some hams.

There are many problems of meat cookery of constant interest to us. One is—how can we establish a time chart for meat cookery considering the many sizes, shapes and grades of various kinds

of meats and the varying types of ovens and utensils used.

Another question is, with modern refrigeration in many homes, the initial temperature of the meat is often near the freezing point. This in turn increases the cooking period of varying



degrees. How can we give directions to cover the cooking of very cold as well as room temperature meat. It is necessary to test different sizes of hams and other roasts so that directions

will be complete to include small as well as large roasts. We want every housewife to use a meat thermometer but until that Utopian time when a thermometer is included as an essential piece of kitchen equipment, we must give average minutes per pound in all cooking directions as well as the internal temperature to which the meat should be cooked.

Typical of additional information recorded in meat cookery work is the yield in number of servings for the various sizes of roasts. The proportion of meat to bone, and to purchased weight is most interesting data.

Less technical but interesting are many smaller activities. For example, we try to keep our display window set-up to interest the visitors who pass our kitchen. Whenever possible we try to set up the current national magazine advertisement. What fun we had each morning last spring reproducing the Easter "Ad" with the gay Easter eggs and turnip lilies!

Life in the test kitchen is a liberal education—full of challenging problems—and might we add—much good food. Is it any wonder that we hope plump figures will soon be in vogue?

## We're Throwing Bouquets

by Alvina Iverson

THE NAME of Mrs. Josephine Arnquist Bakke brings to the minds of the many people to whom she is a friend a picture of a charming woman with golden-brown hair and soft brown eyes that portray a character that is strong, that is understanding and a mind that has vision for invaluable service.

"To know her is to love her" could apply to no one more genuinely than it does to Mrs. Bakke. She is the ideal of thousands of 4-H girls who consider her their friend even though they are not personally acquainted with her. There could be no higher tribute to her leadership.

Mrs. Bakke received her bachelor's degree in home economics at the State College of Washington. She also attended Columbia University. An outstanding student, she became a member of Phi Upsilon Omicron and of Omicron Nu, professional home economics honoraries. Her college honors were not concentrated in lines of scholastic achievement however. Jo Arnquist reigned as the college queen of the May Festival at Washington which is an honor similar to that of being the Veishea Queen at Iowa State.

In Iowa Mrs. Bakke is best known for her work during the 15 years she

served as the state leader of 4-H club girls. Coming to Iowa in 1920 from the Extension Service of the State College of Washington, she undertook the work of establishing a state 4-H organization.

The club program at that time existed in only a few counties for about six months each year. The work of Mrs. Bakke and those whom she supervised speaks for itself. Today about 15,000 girls between the ages of 12 and 21 take part in an organized program of educational work in all of the Iowa counties throughout the entire year.

Mrs. Bakke introduced such features in 4-H as the health contests, the "better-groomed girl" contests, the county club committee plan, county training schools and general organization on a twelve-months basis with study in a sequence of projects such as clothing, home furnishings, nutrition and home efficiency.

Her contributions in 4-H club work are not limited to Iowa nor are they even confined to America. She has appeared on club programs in the following states: Minnesota, Illinois, North Dakota, South Dakota, Mis-

souri, Washington, Oregon, Virginia, New Jersey and Massachusetts.

While in France with the national canning demonstration team in 1923, Mrs. Bakke helped organize the Beehive Clubs of France which are the parallel of 4-H clubs in America. In 1926 she again went abroad and this time helped establish 4-H clubs in Denmark. The Department of Agriculture in Denmark presented her with a special award in recognition of her service.

Mrs. Bakke retired from state 4-H club leadership several years ago and is now a homemaker in Ames. Her husband is Dr. A. L. Bakke, professor in the Botany Section of the Agricultural Experiment Station. Many Iowa State College students are familiar with the beauty of the Bakke home and the hospitality of the host and the hostess.

At the present time Mrs. Bakke is the state president of the Iowa Home Economics Association, the only person retired from a professional career who has held that office. In addition she finds time to serve as the college sponsor of the League of Women Voters and to assist with other campus organizations with which she has been affiliated.





*You may hear yourself as others hear you through voice recordings which may be made at Iowa State.*

**C**OAST to Coast! Radio programs go on continually 365 days a year. With approximately 100 homemaker and home economics broadcasts throughout the country every day, there is ample opportunity for a woman who is qualified, to obtain a profitable position in the field of radio.

There are too few home economists holding positions in radio. The fact is, few women can speak in a manner that is pleasing to the radio audience. Most of them who do speak are not trained and merely present the script prepared by home economics workers of the foods companies. Any home economics trained woman who can write her own script and also speak distinctly for the radio is very much in demand.

In addition to the quality of clarity, the voice must be sound-perfect; that is, little defects in emission and breath control must be guarded against carefully. Microphones magnify tone, and since there is no distraction such as the speaker's appearance or expression, these minor defects of speech are pounced upon by observant critics.

Words must be pronounced clearly and intelligently, but not in an exaggerated way. Exaggerated pronunciation used to be the bane of many listeners, but fortunately that evil is practically extinct. In pronunciation, the speaker must keep one step ahead of the crowd at all times.

"Silence is Golden," but when it comes to radio, the ability to speak in a pleasant voice will bring in the silver dollars. There are possibilities for experience in radio writing and speaking for students while in college. Most of the state institutions and other colleges have their own radio stations. Make it your business to become a vital part of those programs. With a little encouragement you'll be writing scripts, making little plays and dialogues, and practicing them on the radio station as part of your work.

Any defects which you may have in

speech can be corrected through your efforts in the available speech courses and dramatic clubs or drama courses. Listening to the radio is an excellent means of learning to compare good and bad radio speakers.

Personality seems to be an all-important characteristic necessary to obtain any position. Radio has its type of personality also. "It is defined as the quality of loveliness, conveyed through the sound of the voice. It is a sort of magnetism that sets up an electric current of communication, a nerve-tension without any nervousness. It is what is called 'it,' a genuineness, ease, naturalness, human warmth without consciousness of self." In the past men have made better radio speakers than women because men haven't an inferiority complex. They are natural; and the hardest hurdle of all in radio is self-consciousness, a feeling that the world is listening to your every syllable.

Rules for radio writing have not as yet been laid down because the whole thing is still in the guess-and-gamble stage. Recipes given over the radio must be carefully presented for their first presentation is their last. The spoken word must be caught the first time or it is gone forever. Timing of the words is important because repetition is impossible and the scripts must not be dead. Life and snap are essential or listeners will turn the dial to other stations.

The home economist is the better one to write scripts for homemaker programs provided she doesn't get too technical. Her writing should be a result of actual experience concerning the topic about which she is speaking. If she places herself in the homemaker's position it is easier to explain the demonstration to the listener.

The writer soon finds little tricks that make her talk more effective. It is most important to have a simple, natural style. The home economist must imagine she is on the neighbor's back porch just talking. She is guest,

The following review of home economics in the radio world is based upon a section of the recent book, "Business Opportunities for the Home Economist," by Chase Going Woodhouse. This section, which deals with radio, is a compilation of the statements of many home economics radio program directors and executives.

# Home Economics

## on the Air

by Jane Stallings

and her talk should be interesting, cheerful, sympathetic and not long-winded. She will build a personal relationship by using "you" and "I" often.

The first paragraph must catch the lively news, a quip or anecdote, or simply a statement of what the topic is and why it was chosen. The succeeding paragraphs, developing the topic, may hold interest through the use of a narrative style or such careful sequence of stating the facts that the thread of thought will never be lost.

The finish must include two things—a short summary to clinch the points in the listener's mind, and directions as to how she can get more information on the subject. A good talk always leaves the listener with something to do—and a good reason for doing it.

Highly experienced women are those qualified to conduct a regular home program for a radio station. Advertising usually governs the topics which will be discussed. Any kind of product is likely to appear although foods advertising predominates.

Personality would grow from these programs if the woman who prepared the continuity also presented the program. The demand today is for well trained women in art, science, home management, household equipment, quantity cooking, child care and nutrition. The speaker has two duties to perform in her talk—interesting the listeners and satisfying the advertiser.

"Effective presentation" is just another word for the showmanship which keeps your listeners interested. The radio audience, unlike many other audiences, doesn't have to listen till the end of the program. If the presentation isn't effective, they can turn the dial.

### SPRING FEVER

I want to go so far away  
I never could retrace.  
I want to stand alone on a hill—  
No hand to hold me back.  
Oh I would do so many things—  
The funds are all I lack!



*There are realms to know about foods before  
you're "in the know."*

# Food for Thought

by Ruth Dahlberg



**K**EEPING posted on the news in the field of foods and nutrition is about as difficult a task as keeping posted on the European situation. Here are a few questions that still pop up and start arguments. Try your luck. If in doubt as to the answer you will find it at the end of this article.

1. Do fruit seeds cause appendicitis?
2. Which are more digestible, raw or cooked eggs?
3. Should we drink water with our meals?
4. May acid foods be cooked or kept in aluminum pans?
5. Is there any ground for the statement that smoking aids digestion?
6. Does an athlete need a high meat diet?

New ways to prepare foods and daring, colorful food combinations are news. Fruit and meat combinations are in the spotlight. Bananas, cranberries, pineapples and orange slices are all finding a place as meat accompaniments. Cranberries and ham make a colorful, tasty combination, according to experiments carried on by the late

Alice M. Child at the University of Minnesota.

When cooling ham in the liquor in which it has been cooked, loss will be much less if it is cooled in the refrigerator than at room temperature.

Frozen foods are being distributed in many stores and with the meat locker systems in operation it is important to know how to cook these foods. Tests show practically no difference in the flavor of roasts thawed at three different temperatures. The meat tissues, however, are less apt to be torn if the thawing out process is rapid. Once frozen meat is allowed to thaw out it should be used immediately for bacterial action takes place rapidly after thawing. Experimentation with peas shows that the vitamin C content of cooked frozen peas and cooked fresh peas of the same variety is approximately the same.

Did you know that ten forms of vitamin D are known but only two of these have practical importance for us? The concentrated fish-liver oils are superior to the viosterol group because they also contain needed vita-

min A. Vitaminization of milk with respect to vitamin D has been found to be of value to us.

Gelatins sometimes give us a scare when they liquify on beating or whipping. But don't let that bother you. A gel solution that has solidified and is then melted will reform a gel again in shorter time than was required for setting the first time.

Mayonnaise dressings that break may be made usable again by adding the curdled, broken mayonnaise to a new egg yolk. The broken emulsion can also be added to water, vinegar, or to a stable mayonnaise emulsion. The important thing is to add the broken emulsion slowly with frequent stirring. Constant stirring is a waste of energy as a time factor is involved.

The new meat thermometers are marked to tell you just when your lamb, pork or veal is done and you can be sure the roast of beef will suit your fancy whether you like it rare, medium or well done. When the mercury climbs to the point indicated it is safe to remove the meat from the oven.

If you didn't use the pressure cooker for steaming fruit cakes this year, stow that idea away as something to try. Fruit cakes steamed in a pressure cooker ripen in a much shorter time. However, as they have a tendency to mold, store them carefully and for a short period of time.

1. No. They do not cause appendicitis although they may seriously slow up elimination of body wastes.
2. Soft cooked and even hard cooked eggs are more digestible than raw eggs.
3. A moderate amount of water taken at mealtime aids rather than hinders digestion. The important thing is to chew food well rather than wash it down.
4. Yes. The color of the aluminum may be changed but the food is not affected. Traces of aluminum are not harmful to the body.
5. No. Smoking inhibits normal hunger contractions and the flow of gastric juice.
6. No. Athletes need an increased supply of the energy foods, starches and sugars, but not increased protein intake.





# Style FOR EVERYBODY

Early Bird Prints in Giana Crepe are gay in the holiday spirit. Cheerful under a heavy coat, they can be laundered and kept fresh for warm weather.

LEFT: *Good Line* looks French, but has all-round pleats for America's swing.



Anyone would love this buttoned-up-the-front dress that has white loops and bright dots on navy, teal or black background.



The *Suzy Dot* is trim as a pin. It is practical for street or sports, with its conservative lines and two-way collar.



*Bavarian Sweet*, a dainty little dirndl in flower-painted print, with cerise slide fastener.



*Border Beauty* is a slim frock with white and bright flowers on black, navy or saddle-color ground.



BY SALLY

LOOKING back to the days of Queen Victoria and of the American Indians, looking out to the gypsies, to the Hawaiians, to the desert, and looking forward to the world's fairs this summer—that's what prints of the new season are doing.

Queen Victoria reigns in the wall paper prints—widely spaced nosegays on the new color backgrounds, squared off conventionalized flower patterns, medallions and floral stripes.

Symbolizing sun, moon, water and fire, prints have taken up the art of the native sons. The American Indians, colorful and symbolical have left much for the print designers' fanciful crayon.

The calicoes of gypsies will be put to good use. White and bright flowers, row on row have been coralled to match the vertical lines of the pleat and the V-neck zipper line and the horizontal of the shoulders, belt and sleeves. Little girl style is the modified dirndl with its puffed sleeves and squared up Bavarian flowers.

Polka dots sprinkled on a shirtwaist will be seen. Padded sleeves and a two-way collar make it especially feminine.

Widely spaced white stripes hide behind the all-around pleats of the black V-necked silk and lie chevron-wise on the bodice extending out into the full-topped short sleeves. There is an ascot tie above and a white striped belt.

The shirtwaist, with stitching on its notched lapels, breast pockets and buttoned-up-the-front line, has improved on the dot motive by adding white loops.

Modernized palm leaves, pineapples, surf on sand backgrounds whisper of Hawaii.

Tony Sarg's prints of the world's fairs are pictorial. Besides the naturalistic fairground scenes there is one "avenue of flags" and a multitude of trilons and perispheres.

Who ever thought of spring without color? This spring has plenty of it—fuschia, lime green, mimosa yellow, gray, cyclamen. Spices have their fling in color—cinnamon, ginger, paprika. From the desert come dull cactus green, yellow green, warm yellow, tawny orange, persimmon, sand and cloudless sky blue. With black, add chartreuse, fuschia and cyclamen.

Jackets—little jackets, boxy jackets, striped, bright and tweed jackets. Cardigans are square necked, round or V-necked. Boleros and Eton Jackets top those flared skirts. There is a fine-waled corduroy boxy two-third length campus coat—roomy pockets—in natural or fawn, lined in gay cotton plaid.



## Making Friends Under Ten

by Virginia Schweiker

ONE need not take courses in child psychology or spend time studying in order to make friends with and influence children. As sincerity is quite necessary in winning adult friends, so it is in making friends with children. Children readily detect any studied effort to please them and are perhaps among the first to notice sham or pretense, for their experiences have trained them to watch for the first signs of insincerity. Conversely, one should not be too stiff with them, for they are interesting individuals well worth knowing, though you may have to make the first few advances. Informality and sincerity are the two major points to remember in dealing with children.

A child should be treated as an individual with a definite personality. The adult, in speaking to him, should not act superior, but should make the child feel on a level with him. The conversation should be kept on a plane equal to the child's intelligence and he should not be insulted by gushing at everything he says. The first rule is "Don't ask questions." Tell him something. That is what you do to his mother. If you treat him differently he knows it is because he is a child, and no one likes to be treated like a child, even a person who actually is one.

How is your smile? Is it friendly and genuine or is it condescending and forced? Your smile will either win his confidence at first, or harden him to you, so that your "probation period" will be long.

The entrance of other older persons into the conversation presents a problem, for immediately you are apt to

break into, "I've just been talking to Johnny. He's quite a big boy now, isn't he? I can remember when he was a little mite of a fellow, but how he's grown! He's getting to look more like his father every day, isn't he?"

And don't start every conversation with, "Do you go to school now? What grade are you in? I'll bet you'll be glad when vacation comes, won't you?" The average child is not particularly interested in school. He'd much rather show you his rabbits and have you discuss their feeding habits with him.

The reason one should not begin the conversation with questions is that invariably they turn personal. You can gauge the tactfulness of a question by asking yourself, "Would I ask an adult I had just met such a question?" Then, don't ask him where he got his curls and if you may have one.

If you have the gift of story-telling, your career with children is made for nothing else will endear you to them so quickly. They will immediately climb trustfully into your lap and sit quietly and attentively.

Many people who otherwise get along famously with children make one great mistake. The child, interested in what he is saying and flattered to have the attention of an older person, will make a slip. The older person will laugh at him. He is offended and retires into his childish shell immediately. However, in a case of this kind, good breeding will permit just one course of action, no matter what the slip is—humorous, scandalous or shocking—a perfectly expressionless face, and no recognition that anything has happened.

# WHAT'S NEW IN

## Foods and Nutrition

A new covered cake or sandwich server is now offered on the market which should prove to be an economical investment. This server has a humidifier in the cover made of porous stone which helps to keep the food fresh.



X-rays are now being used in the inspection of food. The internal defects of fruits and vegetables, for example, are discovered by this means.



It has recently been advised by authorities that manufacturers of candy, white bread, refined cereals and sugar as well as alcoholic beverages should add thiamin chloride to their products as a health protective measure. Thiamin chloride is vitamin B<sub>1</sub>, which gives protection against nervous disorders.

It would be much better if people would get their necessary ration of this vitamin by substituting whole wheat bread and whole grain cereals for white bread and refined cereals and by cutting down on the annual percapita consumption of 100 pounds of vitamin-free sugar and vitamin-free alcohol. Failing in this, the incorporation of enough of the vitamin in the vitamin-free foods was suggested to insure each person of getting enough in his daily diet.



Vitamin C, the substance in fresh fruits and vegetables which prevents and cures scurvy, belongs to the sugar and starch group of chemicals, but some detective work on its origin now shows that it is probably formed by plants and lower animals from a fatty substance. A recent investigation gives new information on how this vitamin that scientists can produce in the laboratory is formed in life, and on the novel chemical idea that a fatty substance like a lipid plays a part in the building up of a sugar.



Important new knowledge of how the body not only breaks up food into chemical compounds but actually separates out the chemical element, nitrogen, from these compounds and uses it to make fresh chemicals for tissue building has been gained in studies with the heavy-weight nitrogen which has been recently produced. One of the findings indicates that both heavy-weight and ordinary nitrogen are treated indiscriminately in the breaking down and building up of food proteins and body tissues.



A question much discussed in scientific circles is settled by another finding. This is whether or not the animal body can use, for formation of the amino

acids which are building blocks of proteins, the nitrogen of ammonia that is set free when food proteins are broken down in the body. The answer to the question as shown by these studies is yes.

The body's chemical laboratory for breaking down the proteins of meat, cheese, eggs and similar foods and using some of their constituents to make new building stones for new tissues is extremely active, the studies also show.



Residents of Los Angeles may now have the bottled juices of celery, beets, spinach, parsley, rhubarb and cocoanut delivered with the bottled milk each morning.



A recent development is the use of peroxide which will keep milk sterile and fresh at room temperature for three or four months. In this process a very small amount of hydrogen peroxide and potassium iodide is added to the milk and it is heated to about 131° F. This method eliminates the need of high temperatures in pasteurization to kill the bacteria and causes no change in the taste of the milk.



The keeping quality of crackers can be greatly improved by the use of antioxidants. Antioxidants are substances which although present in minute amounts are able to inhibit for a time the process of oxidative deterioration. The antioxidant is added by spraying the crackers with Avenol immediately after removing them from the oven. The Avenol is absorbed by the cracker and is not detectable.

## Textiles and Clothing

A fireproofing for fabrics has been developed which is resistant to dry cleaning and is not affected by long wear. The fireproofing is done by dipping the fabrics in a solution of the ammonium salt of sulphamic acid.



A new improved non-skid rug cushion has been introduced in the carpeting world. It is made of selected hair for resiliency in the conventional waffle design and the back is coated with vulcanized rubber. The rug cushion is available in all standard rug sizes and in roll goods.



British textile chemists have developed a waterproofing treatment with a mixture of albumen and globulin. By coagulating these substances with heat and later treating with soap associated with the action of a higher fatty acid the

material is rendered air-permeable, water-proof or water-repellent. This treatment requires two successive stages for if they are carried on in one operation the albumen either remains soluble in water or it coagulates in a form soluble in soap solutions.

## Applied Art

Woodenware novelties! This assortment includes a variety of wooden salad bowls with outer surface in fiesta colorings; maple finish, walnut or white crackle; and with matching fork and spoon of wood. French olive wood salad sets have mottled tortoise shell or crystal handles with grooves on the





# HOME ECONOMICS

under side for easy gripping. Breakfast sets of French boxwood consist of two wooden egg cups with matching salt and pepper shakers. Also, a wooden picnic box that opens out into a table with folding legs and a sturdy double handle of heavy rope.

Advance styles for summer porch furniture show more-than-drastic enhancements of design beauty. Wrought iron has been enameled every imaginable color for outdoor furniture. Upholsteries are acceptable in brilliant yellows, green, oranges and purples. A newly designed porch glider was covered in brilliant red waterproof material with whimsical Mexican design! Also, wrought iron and redwood planks

are the materials used for an outdoor dining ensemble of rectangular table and benches.

Glass bricks are now being used as interesting bases for lamps. In other lamps double thicknesses of glass are used on the base with designs between the layers, either painted on or cut out of lead, brass or a combination of the two.

Complete room furnishings may now be bought "packaged" for \$500 and \$400. Rooms furnishings are displayed in model store rooms for the customer to view. One set of 5 model rooms includes 2 rooms in Swedish modern and 3 in 18th Century English furnishings. Typical of the furnishings of one of the rooms is that included in the Swedish modern living room which has: a 15x15 rug, draperies, curtains, 3 table lamps and 1 torchere, 4 prints, desk, desk chair, sofa, upholstered chair, occasional chair, 5 occasional tables and a bookcase.

## Child Development

A new scientifically designed crib has been developed for juvenile sleepers. The one side of the crib lowers and rolls under the bottom of the piece so that the side is left completely open. The spring is mounted on standards at both ends which allow for raising and lowering. Thus the bed height can be adjusted to bassinet height or lower as the child grows.

Striking new electric light or window shade pulls made in five standard kitchen colors, have been designed in shapes of miniature kitchen utensils! For the bathroom or children's room there are nautical and other designs in an assortment of colors.

Deformities in children should be corrected at the earliest date possible—a few within the first week of life and all before the child reaches school age.

## Household Equipment

The reform in milk bottles continues with the making of a lighter weight glass bottle. Paper milk containers used in cities for a number of years, are now being used more widely.

A seven-bladed cutting tool will slice a tomato, orange or other fruit into very thin even slices. The knife and fruit

holder sits in a heavy china dish to catch the juices.

Flexible is this perforated metal gadget that can be conveniently used for steaming enough food for two or ten. The sectional sides can be drawn up at right angles with the bottom to snugly hold enough for two, or the sides will spread out to take care of food for ten.

Accurate reading of heat intensity on the new range units has become a simple task. Each unit is equipped with a light signal which flashes a color to tell the homemaker which unit is being used and the intensity of the heat. It is indeed simple to understand that red means to start, green to cook, and blue to keep warm.

A modern new shadow box in white has been devised for the buyer to see the clearness of the china or glassware he is buying. A piece of dinner ware, for example, is propped on end and a light effectively placed may be turned on from the outside.

An exciting new material has been produced for popular priced dinnerware, which looks like China but has the qualities of ovenware glass. It will not "craze"—feels like china, but is stronger—washes like china, but is all the same non-porous material through and through, and has a rich ivory tint.

## Institution Management

Up to date recipes refer to only two general types of flour: cake flour or flour. The term cake flour refers to the very fine flour milled exclusively for cake-baking. The term flour is applied to any general purpose, all purpose or family flour.

The use of filter paper to replace the much-used individual tea bags of cloth results in surprisingly clear tea.

A new use has been found for all the day-old breads by an enterprising bread firm. This old bread makes excellent crumbs for croquettes, toppings and puddings. A pour-easy package has been adopted which is air-tight, moisture-proof and has a patented tin pouring spout. Labels carry recipes for kinds of dressings, bread puddings, croquettes and breaded meats, and stale bread crumbs are now selling for ten cents a pound.



*There's fun to be had, but variety is a prerequisite—good times the result.*

## Up-to-Date Dates

by Betty Davis

ARE you in a deep "date rut?" Do you and your date plan to do something different and then always end up by going to a dance or a show? Do your parties repeat the usual activities? Of course, you have an enjoyable time, but sometimes don't you just itch to do something different, something new and exciting, something for just plain fun?

Get your gang together out of doors for an afternoon or evening of ice skating, bob-sledding or skiing. If they say they don't have the skates, skis or sleds, or not even a sturdy cookie sheet or wash tub, gather around for a good old-fashioned game of fox and geese. Have fun like in the good old days. Go prepared for spills, not chills, by dressing sensibly in plenty of warm clothes. These outdoor sports stir up the circulation and provide a wonderful time, especially when followed by a delicious supper of oyster stew, if you like oysters, or a waffle wiggle, if you have plenty of waffle makers. Whether you have hamburgers, chili, scrambled eggs or spaghetti, have plenty of it and have it hot.

A clever hostess has loads of interesting ideas up both sleeves. There is a lot more to entertaining than merely inviting people, greeting them and feeding them. You're lucky if your guests are good at suggesting things to do and contribute to the fun. Drag out all those games you thought you were too grown-up to play at thirteen.

Men love to show their accuracy at darts, indoor horse-shoes or bean bag games. And if you have never played those good natured practical joke games like Itsy-Bitsy, Praise Allah or Letterfly, you'd better investigate their mysteries. Stunts which require coordination of strength or breathing are fun for a change. See the current issue of a woman's magazine and try the "Beauty Rest Mattress" test on your friends. "Hearts" or "slap" using two decks of cards is fun. Try bingo, complete with

a variety of ten-cent prizes for "the winners" and all-day suckers for those lucky fellows who win more than once.

There are several fundamental rules which will make your parties the kind for which everyone loves to have a bid: (1) Bring together congenial people; two people at swords' points can ruin an evening, (2) detach the attached couples, let everyone meet and learn to know everyone else, (3) keep everybody busy—the party spirit dies the moment boredom creeps in, (4) be informal; join in the fun with your guests; minimize the fact that you're hostess, (5) serve all the guests at one large table, if possible, then no one table can get too clubby, and (6) introduce your family to your friends.

The happiness in a home depends on the family spirit that inspires the atmosphere. If you are so unlucky as to have a gang that just won't loosen up and enjoy themselves, don't forget group singing around the piano. Surely one person in the group can pick out at least half of the notes and nothing puts

question. If the day is sunshiny, how about a long tramp in the country to the country? But beware! No high heels or narrow skirts if you wish to match his manly stride. Be sure to take your camera along on a ramble like this; you never know when you will have an opportunity for a good candid shot. Golf or swimming in season are old standbys but here's a scoop—bicycling in the full moonlight. Bike riding at five in the morning and then home or to the neighborhood cafe for breakfast is great sport too.

You have to prove your good behavior to be invited to a basketball, football or polo game. Don't give your feminine view point as to the colors used on the players uniforms, or primp, or ask silly questions. A few intelligent remarks and much observation of the game will suffice to make you a "good sport."

Bowling, though not a new sport, is enjoying a fast growing popularity. It is grand exercise, and the fundamental techniques aren't difficult to master. Table tennis is fun and thrilling too if you have played enough to offer a little competition.

On cold or rainy nights, Sundays especially, it's cozy to sit before an open fire and read aloud to one another. One couple suggested that it was fun for each to take a current magazine and read an article to himself and then stop and review it to the other. Which ever method you choose, accompany it with plenty of nice fresh marshmallows to toast and delicious, munchy apples. Chinese check-



*"The way to a man's heart . . ." is an old saying, but true.*

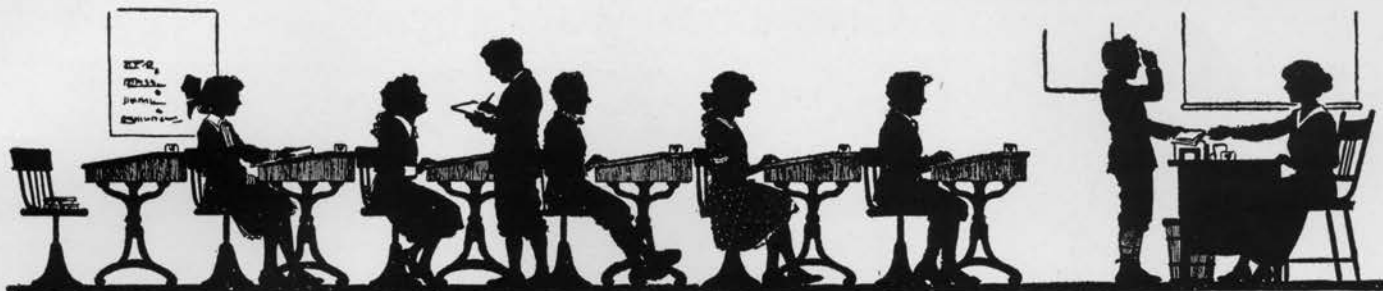
people more at ease than tuning up the vocal cords. Make your home more than the place one goes from the garage. Invite your friends in, have fun, and make them want to come back again and again.

Many times though there are just you and your date with the nice long afternoon or evening to spend, and "what to do on a shoe string?" becomes the

ers and double solitaire are good games which require real powers of concentration.

You can sit through countless movies without becoming well acquainted with a person. But games, sports and books can go a long way in making fun for friends you like because you learn to know them and have interesting experiences with them.





## School Marm for Six Weeks

"HI HO! HI HO! 'Tis off to teach we go" is the theme song of approximately thirty Home Economics Education majors every quarter. Before an education major can gain that coveted diploma, she must have proven herself successful at supervised teaching which is included in the regular four years' curriculum.

The student who goes to teach a home economics class at Story City or Sac City finds that her first problem is the selection of a room. She visits homes where there are rooms available. From these she chooses the home where there are good living conditions because she knows this will have a direct influence on her attitude toward teaching.

Before she starts on her new venture, the coed may spend days or weeks of anxiety and worry; she may dislike leaving college friends, but somehow when "the day" actually arrives, the scene changes. People in the community and the teachers in the high school are really anxious to become acquainted with the new teacher.

Observing the homemaking program as a whole and learning the names of the girls comprises the first day or two of student teaching. After this, the student teacher begins to make plans, teach classes and frequently take charge of study hall. She works under the supervision of a teacher whose job is to advise, criticize, teach and hold conferences with the education majors. The supervisor guides the program so that the units are well organized, and that every high school girl is benefiting from her home economics training.

Conferences, both formal and informal, involving the student teacher and high school girls prove to be helpful. Often girls will voluntarily tell much of their home backgrounds. Through this knowledge the teacher learns much about the girls and gains an appreciation of them and their problems. She can also discover phases of interest to the girls which may be emphasized in their home projects.

Among the valuable experiences of living in the student teaching community is the opportunity to have contact with the active school program and thus appreciate more fully the place of home economics in it. One also recognizes more clearly the place of the school in

by Ruth Howie

the community. Such values come through attendance at teachers' meeting; participation in school functions; uniting with the Parent Teachers Association and other organization programs and sharing in the social life of the community.


When the six weeks end, most education majors regret leaving the community and the pupils they have just learned to know. They feel satisfaction from their "laboratory experience," and realize what a full day the home economics teacher has, what it means to participate in school and community activities, and what it is like to become a resident member of a new community.

Every education major who enjoys working with people becomes enthusiastic about student teaching. Beulah Gray, H. Ec. Sr., exclaimed, "It's loads of fun," after she returned from teaching a home economics class in Ames.

The gleam in the eyes of Elizabeth Rawson, H. Ec. Sr., lets one know that the next thing she will say is, "You'll love Story City. I hope you'll teach the freshman girls. They're grand!"

Dorothy Leathers, H. Ec. Sr., returned from Sac City bearing the news that student teaching is a lot of hard work, but so much fun. Student teaching is the climax in the Home Economics Education major's college career. Through this practice the coed gets a background of experience which will be beneficial to her in her future teaching position.

*Meet*  
**YOUR FRIENDS**  
*At Your*  
**MEMORIAL UNION**  
the college club



*Tango*

**Beautiful Tangos**  
**Comfort**  
 where most pumps hurt  
 AAAA to B  
 all sizes  
 at  
**\$5.50**  
*Stouffer's*

Personality Hairstyling  
 at  
*Hauptert's* BEAUTY SALON  
 Colored crystals in Holiday  
 Design for formal wear  
 Fingernails to Match  
 Phone 250

**TUSSY**  
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 DRY CLEANING  
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 2910 WEST ST.

# Give Your Wardrobe Nine Lives

by Ethel Overholt

"IT'S smart to be thrifty" is a well known and appreciated slogan for coeds on any campus where clothing must be selected not only for its appearance but also for suitability and wearing quality.

There are two kinds of smartness, as everyone knows, and the nice thing about the motto is that it works both ways. Thrift is both clever and chic.

Dressing well on a limited allowance requires really serious investigation into the subject of getting one's money's worth. It's impossible to do it unless you study values and take advantage of experience. It's excusable to make a mistake once. Repetition is the crime.

For example, if one brand of hose fails you, try others until you discover one that wears well and then make a note of it. The old advice of buying two pairs of one shade at a time so that you can remate if one stocking wears out is not to be disregarded when budgeting clothes money. Buy stockings which are sufficiently long in the foot, fit your ankles and are long enough in the leg to garter without too much strain. An added hint to lengthen the life of your hose is to fasten the back supporters while standing and the front while sitting.

One of the sound principles of dressing is: Fine things for fine wear and sturdy things for sturdy wear. This applies especially to shoes which bear the weight of all our activity. Some students make the mistake of wearing leather-covered heels every day. They get barked and then look badly—or cost a lot of money for replacement. Choose a heel made of layers of leather and you will have a sturdier heel and one more easily kept in order.

Shoes should be rested and aired on shoe trees between wearings and should be taken to the cobbler to be retipped, resoled and reheelled whenever they begin to wear off. Polishing is also important, not only to keep your shoes looking well, but also to make them wear longer. Leathers which call for polishing should be shined promptly and should not wait till they are marred. Have them polished well before you wear them and you'll save them from some of those first irremovable markings or scrapings that spoil shoes forever.

Always when buying any garment, especially underwear, look at the seams. They tell the story of good workmanship and on them the life of your garment depends.

One of the hardest-to-learn-lessons in thrift and style is that hats should

be plain and usually dark. It's a good season for economy when hats are more or less collapsible. The "little felt hat" was the greatest boon ever to pocketbooks.

Limited incomes will do well to avoid fabrics that rough up, shine,



lose their shape or wrinkle unduly. These qualities mean a shorter life for the garment and big cleaning bills.

The fundamental rules for washing hose apply to all fine silks. Avoid hot water which dries the silk and fades the color. Turn the stocking inside out and wash quickly by squeezing suds through and through. Don't rub or twist because the fine threads are easily broken. Rinse several times in clear lukewarm water. To hasten drying roll in a Turkish towel and press out excess moisture. Unroll immediately and gently stretch stockings lengthwise. Smooth out the feet and hang away from radiators and drying heat.

Never soak silk and synthetic fabrics for they absorb water readily and if the water in which they are soaked or washed becomes dirty, they will absorb the dirt along with the moisture. That is what makes silk look grey and dingy. For this same reason, it is always better to give a much soiled garment two sudsings rather than a prolonged washing in one water.

As far as lastex is concerned, it really requires no special directions other than for any fine fabric. One can wash lastex girdles, pantie girdles, brassieres, and so on, again and again with no fear of their losing their fit or elasticity. However, be sure the soap is pure, for strong impure soap devitalizes the elastic. Unfasten garters to prevent metal parts from rusting the fabric beneath.

When washing gloves (and wash only those which have been sold as washable) don't use hot water or impure soap for they stiffen leather. Wringing or twisting strains seams so the rules of laundering hose should be followed. When dry, the gloves



should be "finger-pressed" to soften the leather or fabric.

Never suspend a frock on the line by clothespins when hanging garments to dry. It is better to use a wooden hanger and see that it does not make unsightly humps in the shoulders, or, better still, hang the garment across the line until it is partially dry and has resumed a portion of its original strength, for most fabrics lose strength when wet.

Sweaters and other knit garments should be measured or laid out and an outline made before washing. If pins are used to hold the garment in place, they should be of the rustless type and the pin marks may be removed from the dry fabrics by ironing under a slightly damp cloth.

When ironing bias cut garments,

care should be taken to follow the straight of the cloth to prevent sagging. It is important, when ironing the many acetate fabrics which are so popular today, to keep in mind that the iron should be warm, never hot, for too hot an iron tends to melt or fuse these fabrics. Otherwise they are ironed just as one would any other of fabric—that is, rough or crinkle weaves are ironed when dry, and smooth or flat weaves while damp, or slightly damp. It is always safest, no matter what the fabric, to start with a warm iron and increase the heat if necessary.

Really smart women build up their chic by years of experience in seeing, buying and wearing, and it's not too soon for you to start collecting your evidence.

## Spreads Via Ingenuity

by Marian Gutz

"DOES anyone have a can opener I can borrow?"

That is almost one sure sign that someone is going to have a spread. The half-hour after closing on week-end nights is the usual "feasting" hour. The equipment in the dormitories is limited but it is surprising how Iowa

each point of a pair of scissors. Claire Wilson can come to the rescue of her guest who forgot to bring her own glass. Claire makes a paper cup out of a sheet of notebook paper. She claims it holds water without dripping.

Glasses make extra fine candle holders, according to Betty Noe. Good use

*Although there are many spread favorites, the box from home rates ace high any time.*



State women can find a way to get along.

It is just 12 o'clock. Let's drop in on some of the dormitory spreads and see what their utensils are. "The catch on the inside of the closet door makes a good opener," say Ruth Wasson and Luella Beck.

Dureth Anne Stoner, Martha Jean Glover and Janet MacDonald use the ventilator for a bottle opener. "It works fine," they say, "and we put popcorn into a waste basket lined with newspapers. We have a fruit knife we use for cutting sandwiches."

Winifred Herzberg uses a screened hair dryer for toasting bread. A golden brown marshmallow! That's what Elizabeth Shelledy and Jeanne Beckner get roasting marshmallows over a hot plate. They put a marshmallow on

can be made of the radiator in melting butter Betty says. Here is a tongue twister—pie a la mode in glasses! Marian Mercer reports that from one of her spreads.

Art classes give Mary Margaret Gann profitable spread equipment. "The pallet knife makes a good spreader and the traditional wooden bowls I've used even for strawberry short-cake," Mary Margaret says. Harriet Knudson makes gelatin with mixed canned fruit, puts it in paper cups and uses the window for a refrigerator. Crackers, cheese, jam, grilled sandwiches, popcorn and taffy apples lead the list of spread favorites. Less common foods are chili con carne, tomato soup and melted chocolate with breakfast food, and there's nothing like a box from home!

let's

meet

you at the

# RAINBOW!

downtown ames

NEW SPRING HAT?

OR A SWEATER?

OR A FORMAL?

HANNUM'S

2514 L. Way

L. C. TALLMAN

REGISTERED JEWELER  
AMERICAN GEM SOCIETY

Expert Repairing

Registered Optometrist

Downtown Ames

DUDGEON'S

Brighten up your outfit  
with smart new jewelry

REGISTERED JEWELER  
AMERICAN GEM SOCIETY

AMES

WEST AMES



# Behind Bright Jackets

**WRITTEN** for the independent woman, **Money Without Men** by Ruth MacKay gives all the information necessary for handling financial affairs and steering them "against the red."

*Money Without Men: A Guide To Feminine Finance*, by Ruth MacKay. Farrar and Rinehart, N. Y. 1938. \$1.90.

**AND** too often she cooks an egg and calls it a day. But now there's a solution to the working girl's problem of menus, recipes and variety on a not-too-fat pocket book and in practically no time. **The Working Girl Must Eat** by Hazel Young is the answer to a hurried prayer on a more-hurried way home from work.

*The Working Girl Must Eat*, by Hazel Young. Little, Brown and Co., Boston. 1938. \$1.75.

**A** FULL portrait of Leonardo the man is this new biography of **Leonardo Da Vinci**. Years of study by Antonino Vallentin, author, brought into a volume the life of a painter, sculptor, inventor, philosopher and a brilliant mind of the Renaissance. Lavishly illustrated, this volume contains many reproductions from Da Vinci's paintings and sketches.

*Leonardo Da Vinci*, by Antonio Vallentin. Viking Press, N. Y. 1938. \$3.75.

**THE Fun of Photography** deals with the resourcefulness of the mind behind the lens, the authors claiming that it makes no difference what camera you

use, what exposure, what film, what paper. It is what you see in the world about you! This lively account is supplemented by hundreds of half-tone pictures.

*The Fun of Photography*, by Mario and Mabel Scacheri. Harcourt, Brace, and Co., N. Y. 1938. \$3.75.

**SUCCESSFUL Home Furnishing** is intended to be of interest to interior decorators and homemakers who are facing the problem of furnishing a modest home or apartment. It discusses furniture, floor coverings, draperies and durable materials. It is a practical treatment of the whole subject by one who has had experience as an expert advisor. The points discussed in the book are illustrated with 75 pictures.

Author Thelma M. Burrows is Manufacturers' and Retailers' consultant in interior designing and the former head of the Georgiana Studio of Design, New York.

*Successful Home Furnishing*, by Thelma M. Burrows. Manual Arts Press, Peoria, Ill. 1938. \$2.75.

**THE** ordinary flower arrangement lifted to a thing of beauty—that is what John T. Arms and Dorothy N. Arms are fundamentally striving for in **Design in Flower Arrangement**. In clear, understandable language the authors discuss each essential step, choosing the material and container, relating the arrangement to the setting in which it will appear, analyzing the completed design.

This book is of particular value to all who are interested in any phase of interior decoration.

*Design in Flower Arrangement*, by John T. Arms and Dorothy N. Arms. Macmillan, New York. \$2.75.

**ARE** women born liars?

Why have so few women the instincts of gentlemen?

Why do women hate one another?

"A clever man asked me these three questions," says Gertrude Atherton in explanation of her book **Can Women Be Gentlemen?** "I have answered them in the following three chapters according to my lights (not his!)."

A champion of women, Mrs. Atherton in a distinctive humor delves beyond these chapters into a broad discussion of the fairer sex—discussion of wit as well as humility and beauty and human nature.

*Can Women Be Gentlemen?* by Gertrude Atherton. Houghton Mifflin Co., Boston. 1938. \$2.50.

**ONE** who has experienced the intensity and excitement in the life of a nurse, Ruth L. Partridge has penned into **Adventures With A Lamp** all the poignant drama that accompanies a life behind the hospital doors. The exciting pace that holds the reader in intensity continues through to the last page of the book.

*Adventures With A Lamp*, by Ruth L. Partridge. Dutton, N. Y. 1939. \$2.50.

## Textile Wise?

by Betty Feyder

**ARE** you a good buyer? Here is a short quiz prepared by Dortha Shutt, Northampton Branch, Boston Consumer Institute. The answers will be found on page 15.

1. "Sanforized" on a garment or piece of goods means: (a) color-fast (b) pre-shrunk (c) water-resistant.

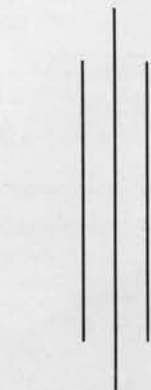
2. "Crown," "Bemberg," and "Celanese" are three trade names for an excellent quality of: (a) rayon (b) cellulose (c) glassware.

3. Which label means that the garment is all pure silk: (a) pure dye silk (b) all silk (c) pure silk.

4. Does "pure wool" on a garment or blanket mean "all wool?" (a) yes (b) no.

5. What fabric when a sample is burned with a match, will leave no ash, but will leave a little piece of "wire-screening" the same size and shape as the sample? (a) rayon (b) pure silk (c) weighted silk.

## I. E. S. LAMPS



## COLLEGE BOOK STORE

On the Campus



# Alums in the News

by Grace Strohmeier

**FRANCES THOMAS CAMERON**, '29, will accompany her husband, who is professor of oriental languages at the University of Chicago, on the Oriental Institute's archaeological expedition to Persepolis, Iran. After the expedition, Mr. and Mrs. Cameron will tour the Near East, concluding their travels studying in Germany, France and England.

**Mrs. Marguerite Corkill**, M. S. '26, has accepted a position in the Home Economics Department of Our Lady of the Lake College, San Antonio, Texas. She teaches home management, child care, problems in nutrition, supervises student teachers and lives in the home management house. **Gladys Jauer**, '38, has been teaching in High School at Big Sunday, Montana since Feb. 20.

**Jeannette Dean**, M. S. '33, is home advisor in extension service for Jackson and Perry Counties, Ill., with headquarters at Murphysboro. **Agnes Wilson**, M. S. '38, who has been agent-at-large in the extension service of Missouri, began work February 6, as county home demonstration agent in St. Louis County, with headquarters at Clayton, Mo.

This season belongs to dietetics majors for changes and new positions. **Margery Mereness**, '37, is assistant dietitian at the Iowa Lutheran Hospital in Des Moines. **Cleone Brookins**, '37, began work Feb. 6 as ward dietitian in St. Luke's Hospital, New York City.

Four more December 1938, graduates have accepted positions. **Mary Elizabeth Book**, began hospital dietetics training at the Johns Hopkins Hospital, Baltimore, Md., in January. **Virginia Lindberg**, is student dietitian in Hahnemann Hospital, Philadelphia, Pa.

**Cleo Willey** is assistant to the dormitory dietitian at Ohio Wesleyan University, Delaware, Ohio. **Janet Kennedy**, who worked one month in the clinic of Billings Hospital Laboratories, Chicago, has accepted a permanent position.

**Ruth Drake**, '38, began work February 1 as manager of the Y. M. C. A. cafeteria, Milwaukee, Wis. **Rose Marie Allen**, '38, has a fellowship in child development at the University of Minnesota.

**Clara Blank**, '32, formerly H. D. A. in Franklin County, began work on Feb. 2 in the Extension Service, Columbus, Ohio. **Emma Francesia**, '32, begins work March 1 in the experimental laboratory of the H. J. Heinz Company, Pittsburgh, where she will develop recipes for new varieties of Heinz products. Miss Francesia has been in charge of the Party Bureau of Marshall Field's Tea Rooms in Chicago.

**Ruth Allison King**, '32, formerly with the Kansas City Power and Light Company, is now director of the Home Service Department of Malleable Iron

Range Company, Beaver Dam, Wisconsin. **Ivyl Bowman**, December graduate, began work Feb. 13 with the Farm Security Administration, with headquarters at Dubuque. **Helen Ricker**, '38, is also with the Farm Security Administration, acting as Home Super-

visor in Woodbury County with headquarters at Sioux City; and **Opal McKeeman**, '38, began work on Feb. 23 as Home Supervisor located at Jefferson. **Alice Morrison**, '34, is teaching full time at New York University and studying at Columbia towards a Ph. D.

Answers to questions on page 14:

1. Preshrunk
2. Rayon
3. Pure dye silk
4. No
5. Weighted silk

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The saddest of the year.  
'Tis now the teachers throw red ink,  
And students quake with fear.*

Ronny Ronningen.

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Mrs. Mattie M. Brown, Mgr.

# Tables Don Fine Feathers

by Margaret Thomas

THE TABLE of today is leaning away from the conventional white damask to the startling blues, greens, reds, stripes, checks and flowers. Even the semi-formal dinner table offers the surprise combination of a navy blue tablecloth as a background for white china-ware.

The buffet luncheon fairly laughs

2. Hand woven place mats with wooden bowls, plates and goblets.

3. Navy blue lunch cloth with red plates, white cups and saucers and red-handled silverware.

4. Green and white checked crinkle crepe tablecloth with plates having orange and green stripes as a border.

5. White runners on a dark table with red flowers as an accent.



out loud when given on a red tablecloth with red and blue napkins and blue candles in white holders. One enthusiast used novel tablecloths to create a topic for conversation. Thus a blockprint of hunters gave the hunters in the crowd a chance to make themselves known. Cloths repeating the colors of a pottery set are also available.

As a pleasant change from full length tablecloths, runners are becoming more and more in demand. Dark runners on a Swedish modern table create an unusual effect. Block print runners are especially suitable for the breakfast and lunch table, while the coarser cork or hand-woven mats are appropriate on the outdoor table. Oilcloth runners are economical and time-saving. You might even be able to use that block print dish towel you received for Christmas.

As for the napkins—they may match or they may contrast. Just be sure they follow the general color scheme and are an addition, not just a necessity.

Suggested table arrangements are:

1. Turquoise blue pottery on a coral and white Swedish cloth with a walnut tray and bowl for service.

6. Dark blue plates on gleaming damask with an occasional highlight of yellow.

There are many other combinations as different and pleasing as these, but in planning the table, why not be original? Remember that the table creates the mealtime mood. Simplicity and functionality are the two biggest factors in table planning.

LIGHT soil may be removed easily from chamois and other leathers. French chalk or the careful application of sand or carborundum paper will remove spots from suede garments, but be sure the use of the chalk is light for injudicious application will alter the texture of the suede. In selecting cleaning agents, never use gasoline, kerosene or naphtha. A good leather garment deserves good care. By removing small spots from garments, as they appear, many cleaning bills may be avoided. When in doubt about home methods a good professional cleaner should be called into service. When cleaning a garment yourself, look on the label of the can to see if it is intended for the fabric to be cleaned.



# Keeping Posted

ST. PATRICK, WHO IS CLAIMED AS A NATIVE SON BY Ireland, England, Wales, France and Scotland, is paid tribute by the whole world on March seventeenth. The shamrock, worn by loyal Irishmen the world over, is a reminder of their homeland and their patron saint. As the story goes, St. Patrick was stopped on the road by a group of unbelievers and asked to explain his faith. Stooping by the wayside, he picked a simple shamrock and used its three leaves to illustrate the principle of trinity.

• • •

COLLEGE WOMEN OF TODAY GAINED ONE INCH IN height over the previous generation, and it is thought that within another generation the average height of the general population of women will increase an inch. This increase is due, among other factors, to the improvement in the nutritional status and is indicative to the far-reaching results which better nutrition may bring in the future.

• • •

TO AVOID CONFUSION AND VARIATIONS IN GRADING hosiery, research associates of the National Association of Hosiery Manufacturers have recommended a general testing procedure to the National Bureau of Standards. These tests determine the degree of colorfastness to laundering, perspiration, light and rubbing, shrinkage in laundering, composition of the dye, moisture and oil content, the amount of sizing or other finish as well as fiber identification.

• • •

SCIENTISTS 100 YEARS FROM NOW WILL HAVE AN unrivalled opportunity to settle for themselves one of the least known facts in organic chemistry—the stability of vitamins and vitamin preparations. Instead of the usual materials found in cornerstones, specimens of vitamin and vitamin preparations are included in the cornerstone of the new agriculture science building at Pennsylvania State College. When the sealed box in which they will be placed is opened in 2038, biochemists of that date will be able to examine specimens between 100 and 150 years old.

• • •

WHEN YOU SAY "TWO PLUS TWO" TO JOHNNY, HE may say "four." The mechanism is the same as the sneeze of the hayfever victim when you shake ragweed under his nose, according to Dr. Wallace Marshall of the Appleton Clinic, Appleton, Wisconsin. The perceptions that go pouring into the brain over the avenues of our senses are capable of irritating our brain cells in much the same way that proteins irritate other cells in the body, Dr. Marshall believes. Learning, in his view, is a sort of hypersensitivity built up in the same way that some persons become hypersensitive to shellfish or ragweed pollen.

According to Dr. Marshall, intelligence is the inherent ability to develop psycho-allergic states. Knowledge is the accumulation of these states.

• • •

A STUDY OF THE FOOD INTAKE OF FIFTEEN COLLEGE freshmen women at Ohio State University showed that their diets contained insufficient amounts of protective foods. Only two women had an average milk consumption considered high enough for restricted diets for emergency use. Insufficient consumption of citrus fruits, tomatoes, eggs and whole grain cereals was also indicated.

• • •

IF "JUNIOR" LOOKS LIKE ONE OF HIS GRAND-fathers, you may be justified in expecting that he will also act like him. A link between the inheritance of physical appearance and temperament was found in experiments reported by Dr. William T. James, of the Cornell University Anatomy Farm. The experiment involved the cross-breeding of two very different types of dog.

Gay Starrak, editor



for spring  
**smartness**  
it's fur

Never before have furs had the chic, the glamour of the spring furs for 1939. They add so much to your spring wardrobe, and their cost is so reasonable—at Cownie's.

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